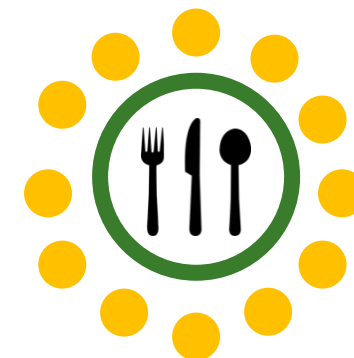


recipe of the week:

Chicken Enchilada Skillet Dinner – Low-Carb and Gluten Free



Ingredients:	Directions:
2 cups cauliflower, raw, chopped fine – all liquids pressed out	1. Slice the baby corn into small slices. Set aside.
2 Tbsp. oil	2. Press all of the liquid out of the cauliflower.
2 cups chicken, cooked and diced	3. Add the oil to a pan and heat it until it begins to simmer.
½ cup tomatoes with chiles	4. Add the cauliflower and sauté for 2 minutes.
½ cup chicken stock	5. Add the remaining ingredients except the cheese.
1/3 cup whole baby corn on the cob, canned	6. Cook, stirring, until most of the liquid has been absorbed and the cauliflower has taken on a reddish color.
2 tsp. chili powder	7. Add about half the chopped cilantro and stir in well.
1 tsp cumin, ground	8. Stir in half the cheese and cook over low heat for about 1 minute.
½ tsp garlic powder	9. Top with the remaining cheese and cover. Turn the burner off and let sit until the cheese has melted – about 2 minutes.
½ tsp Mexican oregano, may sub regular oregano	10. Top with remaining cilantro and serve.
2 cups Mexican blend cheese, grated	
1/3 cup cilantro, chopped	

Presented by:

